BIRCH

Date: April 24, 2008

Proper and common name(s):

Table 1: Proper and common name(s)

<table>
<thead>
<tr>
<th>Proper name(s)</th>
<th>Common name(s)</th>
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<tbody>
<tr>
<td><em>Betula pubescens</em> Ehrh. (Betulaceae)</td>
<td>Birch, downy birch, white birch (McGuffin et al. 2000)</td>
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<tr>
<td>Synonym: <em>Betula alba</em> L. (Betulaceae) (USDA 1998)</td>
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</table>

Source material(s): Leaf (Bradley 2006; ESCOP 2003)

Route(s) of administration: Oral

Dosage form(s): Those suited to the allowable route(s) of administration. This monograph is not intended to include food-like dosage forms such as bars, chewing gums or beverages.

Use(s) or Purpose(s): Statement(s) to the effect of

Used in Herbal Medicine as a diuretic (Bradley 2006; ESCOP 2003; Hoffmann 2003; Blumenthal et al. 1998).

Dose(s): Preparations equivalent to 0.6-9 g dried leaf, per day (Bradley 2006; ESCOP 2003; Hoffmann 2003; Blumenthal et al. 1998).

See Appendix 1 for examples of appropriate dosage preparations, frequencies of use and directions for use, according to cited references. The purpose of Appendix 1 is to provide guidance to industry.
Duration of use: Statement(s) to the effect of:
For occasional use only (Berardi et al. 2002; CPA 2002)

Risk information: Statement(s) to the effect of:

Caution(s) and warning(s):
- Consult a health care practitioner if symptoms persist or worsen.
- Consult a health care practitioner prior to use if you are pregnant or breastfeeding (ESCOP 2003).
- Consult a health care practitioner prior to use if you have oedema due to a kidney or cardiovascular disorder (Bradley 2006; ESCOP 2003; Brinker 2001; Blumenthal et al. 1998).

Contraindication(s): No statement required.

Known adverse reaction(s): Hypersensitivity (e.g. allergy) has been known to occur; in which case, discontinue use (Brinker 2001).

Non-medicinal ingredients: Must be chosen from the current NHPD List of Acceptable Non-medicinal Ingredients and must meet the limitations outlined in the list.

Specifications:
- The finished product must comply with the minimum specifications outlined in the current NHPD Compendium of Monographs.
- The medicinal ingredient may comply with the specifications outlined in the Birch Leaf Monographs published in the European or British Pharmacopoeias.

References cited:


References reviewed:


Appendix 1: Examples of appropriate dosage preparations, frequencies of use and directions for use

Dried leaf: 2-3 g, several times per day [not to exceed 9 g per day] (Blumenthal et al. 1998)

Infusion:
- 2-3 g dried leaf, several times per day [not to exceed 9 g per day] (Bradley 2006)
- 2-3 g dried leaf, 2-3 times per day (ESCOP 2003)

Directions for use: Pour 250 ml of boiling water on dried leaf and steep for 10 minutes (Hoffmann 2003).

Tincture:
- 0.2 g dried equivalent, 3 times per day (1:10, 2 ml) (ESCOP 2003)
- 0.2-0.4 g dried equivalent, 3 times per day (1:5, 25% alcohol, 1-2 ml) (Hoffmann 2003)